

Pork

Sauerkraut and Sausage Bake

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

1 1/2 pounds bulk pork sausage

1 can (27 oz) sauerkraut, rinsed, drained and snipped

1 tablespoon sliced green onion with tops

4 servings instant mashed potatoes

4 tablespoons grated Parmesan cheese

Preheat oven to 400 degrees.

In a skillet, brown sausage; drain off fat. Stir together sauerkraut and green onion; turn into a 1 1/2-quart casserole. Spoon sausage over sauerkraut mixture.

Prepare mashed potatoes according to package directions. Stir two tablespoons of the cheese into potatoes. Spread potatoes over sausage; sprinkle with remaining two tablespoons of cheese.

Bake, uncovered, until heated through, 35 to 40 minutes.

Per Serving (excluding unknown items): 23 Calories; 1g Fat (40.1% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 322mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fat.